

What is claimed is:

1. A portable stand, in particular a portable stand for holding and supporting video cameras, photo cameras and other optical recording devices, comprising:
 - an oblong basic body;
 - a first handle provided at one end of said basic body;
 - a connection plate provided at the respective opposite end of said basic body for holding the device to be carried and supported;
 - a slidable arrest carriage which can be locked in position provided on said basic body, between said first handle and said connection plate; and
 - a second, turning handle which is connected to said slidable arrest carriage by a ball headed bearing and connection means, said second, turning handle for swiveling about a connecting point on said slidable arrest carriage.
2. The portable stand as claimed in Claim 1 wherein said slidable arrest carriage includes a connecting means for receiving a protruding connecting element of a ball-and-socket joint, said ball-and-socket joint connected to said ball headed bearing and connection means, said ball headed bearing and connection means being equipped to receive, on the side of said ball headed bearing and connection means opposite said ball-and-socket joint, a protruding connecting element of said second turning handle.
3. The portable stand as claimed in Claim 1 wherein said ball headed bearing and connection means includes a locking screw for locking said ball headed bearing and connection means in position.
4. The portable stand as claimed in Claim 1 wherein

in the area of said first handle, a locking sleeve is provided for locking in position an extendable extension body guided within said basic body.

- 5 5. The portable stand as claimed in Claim 4 wherein
the end of said first handle facing away from said basic body and/or said extension body includes connecting means for receiving an external feature comprising a belt clip or a support post.

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6. The portable stand as claimed in Claim 5 wherein
said connection means comprises a second ball headed connection means for attaching said basic body to said external feature comprising said belt clip or said support
15 mount.

7. The portable stand as claimed in Claim 4 wherein
said basic body and said extension body are of tubular design.

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8. The portable stand as claimed in Claim 1 wherein
said connection plate includes a snap or bayonet catch for detachably attaching thereto the device to be carried and supported.

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9. The portable stand as claimed in Claim 4 wherein
said first handle is mounted on said extension body.

10. The portable stand as claimed in Claim 2 wherein

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said ball headed bearing and connection means includes a locking screw for locking said ball headed bearing and connection means in position.